

Cauliflower

History

Cauliflower was originally grown in Asia around the Mediterranean Sea. Cauliflower has been grown and eaten across Europe since the 1500s but did not start growing in the United States until the 1900s.

Today, California produces more cauliflower than any other state. Cauliflower is grown in the Salinas Valley of California- also called the “Salad Bowl of the World.” The growing season can last 10 months due to its moderate climate and rich soil. Other states that grow cauliflower include Arizona, Florida, Michigan, New York, Oregon, Texas, and Washington. Cauliflower is grown in Wisconsin and can be found at farmers markets in September and October.



Veggie Science

Cauliflower closely resembles broccoli in appearance- the biggest difference being cauliflower’s white coloring. Cauliflower remains white due to protective leaves growing around the head. The leaves shield the head from the sun, preventing the formation of chlorophyll, and keeping the head from turning green. Cauliflower can be found in different color varieties including purple.

Fun Facts

- Cauliflower is a good source of vitamin C
- Cauliflower is related to broccoli, cabbage, kale, turnips, rutabagas, and Brussels sprouts
- Cauliflower is a cruciferous vegetable. It is “cruciferous” because the flowers have four petals and resemble a Greek cross
- Cruciferous vegetables are full of nutrients that may help prevent cancer
- Cauliflower is actually a flower that has not fully developed yet
- The leaves of cauliflower are edible but have a stronger taste than the florets
- China is the world’s leading producer of cauliflower
- Green cauliflower is produced when you cross cauliflower with broccoli



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